

DIABETES NEWSBEAT

Volume 8, Issue 2

Nebraska Diabetes Prevention and Control Program

Fall 2005

Nebraska Health and Human Services System

The Nebraska Diabetes Prevention and Control Program (NDPCP) is a Centers for Disease Control and Prevention grant funded program designed to help reduce the burden of diabetes in the State of Nebraska. The NDPCP works in partnership with the American Diabetes Association and local community and health care groups statewide to provide education and assistance with minimizing health problems which may result from diabetes. The NDPCP focuses on prevention through education.

Available for viewing at:
<http://www.hhs.state.ne.us/hew/dpc/ndcp.htm>

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The Nebraska Health and Human Services System is committed to affirmative action/equal employment opportunity and does not discriminate in delivering benefits or services.

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Let MyPyramid Work for You!

The U. S. Department of Agriculture (USDA) recently released the MyPyramid Food Guidance System, an interactive, consumer tool that applies the 2005 Dietary Guidelines for Americans. MyPyramid replaces the Food Guide Pyramid with a personalized approach to healthy eating and physical activity. The MyPyramid graphic represents the need for daily physical



activity, moderation of foods within each food group, proper proportions of each food group, and food variety. Instead of a single plan, there are 12 MyPyramid plans that reflect different daily calorie needs. An individual's daily calorie need varies depending upon age, gender, and activity level. To have your daily calorie needs calculated, visit www.MyPyramid.gov. At the web site, you can print out your specific MyPyramid eating recommendations, a meal tracking worksheet, a sample menu, tips on eating out, vegetarian diets and much more. Note that not all MyPyramid websites are created equal. Be sure that you are on the USDA's MyPyramid website at www.MyPyramid.gov. If you visit www.mypyramid.org you will find a spoof site that is not supported by the USDA. USDA's MyPyramid.gov site provides science-based information designed to help you and your family improve your health. Take time to read over the MyPyramid inserts we've included in this newsletter. Let MyPyramid work for you. Here's to a healthy, strong you!

Top 10 Take Home Messages of MyPyramid...

1. **Make Smart Choices from Each Food Group.** Smart choice = high in nutrients (fiber, vitamins, minerals) and low in calories (low in fat, cholesterol and added sugars).
2. **Eat more dark-green and orange veggies.**
3. **Make Your Choices Count.** Choose nutrient-filled foods. Read and compare labels for foods with more fiber, vitamin A and C, and calcium – and less total fat, saturated fat, cholesterol, sodium, and added sugars.

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Nebraska Diabetes Prevention & Control Program Telephone: (402) 471-2648
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MyPyramid (Continued from Page 1)

4. **Choose lean meats, and more fish, beans, peas, nuts and seeds.**
5. **Be Physically Active Every Day!** Adults need a minimum of 30 minutes a day to have health benefits and 60 minutes a day to ward off weight gain.
6. **Eat a variety of fruit: fresh, canned, dried or frozen.**
7. **Make Half Your Grains Whole.** Whole grains are high in fiber and provide beneficial vitamins and minerals. Check the package to be sure it's a whole grain.
8. **Drink 3 cups of skim or 1% milk every day.**
9. **Personalize Your Nutrition and Activity Plan.** Use MyPyramid.gov to find out what is recommended for you and then put the recommendations to work. Start by meeting 1-2 new MyPyramid recommendations every week. Small changes can equal big results!



Eat more low-calorie foods (fruits, veggies, whole grains) and less high-calorie foods (juice, soda, desserts).

Small Step #107: Substitute vegetables for other ingredients in your sandwich.

Portion Distortion!

(From the U.S. Department of Health and Human Services' National Institutes of Health and National Heart, Lung, and Blood Institutes.)

Do you know how food portions have changed in 20 years? Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "super size" while others have simply grown in size and provide enough food for at least two people. With this growth have come increases in waistlines and body weight.

To see if you know how today's portions compare to the portions available 20 years ago and learn about the amount of physical activity required to burn off the extra calories, you can quiz yourself on Portion Distortion I and Portion Distortion II at <http://hin.nhlbi.nih.gov/portion>. This is a fun, interactive quiz with great visuals comparing the size of today's portions to those of 20 years ago. We hope you will find it insightful and that next time you eat on the run, you will think twice about the food portions offered to you. For those who don't have access to the Internet, we have summarized the two quizzes below - don't peek if you intend to take the quiz on-line!

***Small Step
#65:
Choose
fruit for
dessert.***

(Continued on Page 3)

Portion Distortion!

(Continued from Page 2)

Small Step #87: Ask for salad dressing on the side.

Food Item	Portion Size & Calories		Extra Calories Today	Activity & Time to Burn Off Extra Calories*
	20 Yrs Ago	Today		
Bagel	3 in. diam. 140 cal.	6 in. diam. 350 cal.	210	Raking Leaves-50 min.
Cheeseburger	333 cal.	590 cal.	257	Lift Weights-1 hr 30 min.
Spaghetti & 3 meatballs	1 cup 500 cal.	2 cups 1025 cal	525	Clean House-2 hr 35 min.
Soda	6.5 oz. 85 cal.	20 oz. 250 cal.	165	Garden-35 min.
French Fries	2.4 oz. 210 cal.	6.9 oz. 610 cal.	400	Walk Leisurely-1 hr 40 min.
Turkey Sandwich	320 cal.	820 cal.	500	Ride a Bike-1 hr 25 min.
Coffee w/whole milk & sugar	8 oz. 45 cal.	16 oz. 350 cal.	305	Walk-1 hr. 20 min.
Blueberry Muffin	1.5 oz. 210 cal.	5 oz. 500 cal.	310	Vacuum-1 hr. 30 min.
Pepperoni Pizza	2 slices 500 cal.	2 slices 850 cal.	350	Golf-1 hr.
Chicken Caesar Salad	1 1/2 cups 390 cal.	3 cups 790 cal.	400	Walk the Dog-1 hr. 20 min.
Popcorn	5 cups 270 cal.	tub 630 cal.	360	Water Aerobics-1 hr. 15 min.
Cheesecake	3 oz. 260 cal.	640 cal.	380	Tennis-55 min.
Chocolate Chip Cookie	1 1/2 in. 55 cal.	lg. cookie 275 cal.	220	Wash the Car-1 hr. 15 min.
Chicken Stir Fry	2 cups 435 cal.	865 cal.	430	Aerobic Dance-1 hr. 5 min.

*Based on a 130-pound person

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Any portion of this publication may be reproduced for furthering the support and education of persons with diabetes, their families, and their health care providers. We encourage readers to share this newsletter with others and to send the editor comments and suggestions about its contents.

Comments may be sent to the address on the back page. A limited number of additional copies are available through this address.

A Tour of the Family Reunion Buffet Table - Tips for People with Diabetes

(from the National Diabetes Education Program - a joint Program of the National Institutes of Health and the Centers for Disease Control and Prevention.)

Holiday barbecues, picnics and family reunions are gatherings to enjoy and treasure and they can stir up thoughts of good, down home cooking. If you have diabetes, these events can pose special challenges. How can you stick with your meal plan, yet join in the celebration and have some fun? How can you stay healthy and still enjoy those traditional meals? You can do it. If you plan ahead, choose wisely and watch how much you eat, you can have a delicious meal and feel good too. Eating healthy even at special occasions is a key step to staying healthy, looking great and most importantly, keeping your diabetes in control. So, grab your plate and head for the buffet table.

Start by scanning the table to see what's available. Fill up your plate with mostly vegetables and whole grains. If there are meat dishes, limit your portion to about the size and thickness of a deck of cards. Choose lean meats, poultry or fish instead of high fat meats, such as barbecue ribs. Choose grilled chicken (remove the skin) instead of something fried. For something different, try grilled fish or turkey burgers made with onions and chopped green peppers.

Choose traditional food dishes that are high in fiber, vitamins and minerals, and low in fat. Great choices are beans, peas, lentils, and dark green vegetables such as broccoli, cabbage, spinach and kale. Go for the green bean, three-bean, black bean and black-eyed pea dishes, or whole grain foods such as brown rice, couscous, and pasta salads mixed with summer vegetables. Sweet potatoes are also high in fiber and very nutritious. Whole wheat bread and cornbread are good sources of fiber and are good for everyone, not just people with diabetes.

Watch out for those fatty foods! Avoid dishes loaded with butter, cheese, sour cream and mayonnaise. Choose fresh or steamed vegetables that are light on salad dressing, cheese or cream. If you can, make your own dressing for salads with a little olive oil and vinegar. If you make a sandwich, use whole wheat bread with mustard or salsa instead of mayonnaise.

What's for dessert? Summer means terrific fruits. It's hard to beat a fresh fruit salad, peach, cantaloupe or watermelon. Fruit is an excellent source of fiber, vitamins and minerals, and has zero fat. Everyone, including people with diabetes, should eat three to four servings of fruit a day. Fruit is an excellent source of fiber, vitamins and minerals and has zero fat. Those cobblers, pies, cookies and cakes taste good, but have a lot of fat and cholesterol and not much nutrition. So try to stick to the good stuff! If you can't resist, have a *small* serving.

It's best to drink water, unsweetened tea or diet soda. Add a wedge of lemon for flavor. If you choose to drink alcoholic beverages, limit your intake to no more than one drink a day for women, two for men, and drink only with a meal.

Eating the right foods to control your blood sugar means being prepared and planning ahead. If you need help putting together a meal plan, ask your doctor or nurse to refer you to a dietitian or diabetes educator. For more tips and free materials on controlling your diabetes, call the National Diabetes Education Program at 1-800-438-5383 or visit the program's web site at <http://ndep.nih.gov>.

***Small Step # 48:
Keep a regular
eating schedule.***

What You Should Know About Diabetes and Medicare

Starting in 2005, Medicare will offer new preventive and screening benefits that are important to the fight against diabetes. This means for seniors at risk for diabetes or those already diagnosed with pre-diabetes and diabetes, these services will be covered at little or no cost to you.

The American Diabetes Association encourages all seniors and their families to take a look at the benefits and to contact the Medicare program for more information on how to take advantage of these exciting new benefits, or how to become a Medicare beneficiary.

Beginning January 1, 2005, Medicare will cover the following diabetes-related services:



- **“Welcome to Medicare” Physical**

For new beneficiaries enrolling after January 1, 2005, Medicare will cover a one-time thorough review of your health, education and counseling about the preventive services you need, such as certain screenings and shots, and referrals for other care if you need it.

You must have the exam within the first six months that you have Medicare Part B.

- **Diabetes Screening (Fasting Plasma Glucose Test)**

Medicare will cover tests to check for diabetes. These tests are available to individuals with any of the following risk factors: high blood pressure, increased cholesterol, obesity, or a history of abnormally high blood glucose (sugar) levels. In addition, these tests are available for those individuals who have at least two of the following risk factors: overweight, family history of diabetes (parents, brothers, sisters), a history of gestational diabetes (diabetes during pregnancy), delivery of a baby weighing more than 9 pounds, and age of 65 or older.

Based on the results of these tests, you may be eligible for 1 or 2 diabetes screenings every year. Talk to your doctor for additional information.

- **Glaucoma Tests**

These tests help find the eye disease glaucoma.

Medicare covers these tests once every 12 months for people with Medicare at high risk for glaucoma, including those with diabetes.

- **Glucose monitors, test strips and lancets**

Medicare recipients with diabetes are eligible for this benefit.

- **Diabetes Self-Management Training**

Medicare recipients with diabetes are eligible for this benefit, as requested by your doctor.

Call 1-800-MEDICARE or go to www.medicare.gov for more information.

Have Diabetes. Will Travel.

(Article from the National Diabetes Education Program website: www.ndep.nih.gov)

Heading out of town? Leaving your troubles behind? Off on an important business trip? Whenever you travel, your diabetes comes along with you. And while having diabetes shouldn't stop you from traveling in style, you *will* have to do some careful planning. Here are some diabetes travel tips from the National Diabetes Education Program.

Plan ahead. Make sure you:

- Get all your immunizations. Find out what's required for where you're going, and make sure you get the right shots, on time.
- Control your ABCs: A1C, Blood pressure, and Cholesterol. See your health care provider for a check-up four to six weeks before your trip to make sure your ABCs are under control and in a healthy range before you leave.
- Ask your health care provider for a prescription and a letter explaining your diabetes medications, supplies and any allergies. Carry this with you at all times on your trip. The prescription should be for insulin or diabetes medications and could help in case of emergency.
- Have wearable diabetes identification in the languages of the places you are going to visit.
- Plan for time zone changes. Make sure you'll always know when to take your diabetes medicine, no matter where you are. Remember: eastward travel means a shorter day. If you inject insulin, less may be needed. Westward travel means a longer day, so more insulin may be needed.
- If you are flying, find out how long the flight will be and whether meals will be served so you can plan accordingly.



Pack properly.

- Take double the amount of diabetes medication and supplies that you normally need. Better safe than sorry.
- Keep your insulin cool by packing it in an insulated bag with blue ice.
- Keep snacks, glucose gel or tablets with you in case your blood glucose drops.
- If you use insulin, make sure you also pack a glucagon kit.
- Make sure you keep your medical insurance card and medical insurance emergency number handy.
- Don't forget to pack a first aid kit with all the essentials.

Some things to keep in mind if you are flying.

- Plan to carry all your diabetes supplies in your carry-on luggage. Don't risk a lost suitcase.
- Keep your diabetes medications and emergency snacks with you at your seat — don't store them in an overhead bin.
- If the airline offers a meal for your flight, call ahead for a diabetic, low fat or low cholesterol meal.
- Wait until your food is about to be served before you take your shot. Otherwise, a delay in the meal could lead to low blood glucose.
- If no food is offered on your flight, bring a meal on board yourself.
- If you plan on using the restroom for insulin injections, ask for an aisle seat for easier access.
- Don't be shy about telling the flight attendant that you have diabetes — especially if you are traveling alone.
- When drawing up your dose of insulin don't inject air into the bottle (the air on your plane will probably be pressurized).

Small Step #5: Drink water before a meal.

Have Diabetes. Will Travel. (Continued from Page 6)

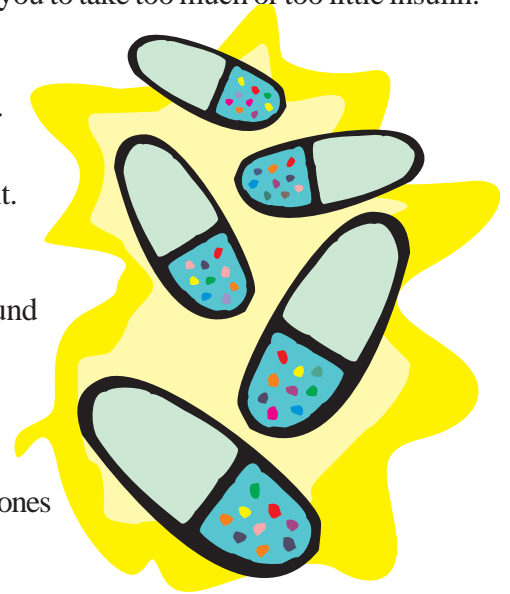
- Because prescription laws may be different in other countries, write for a list of International Diabetes Federation groups: IDF, 1 rue Defaetz, B-1000, Belgium or visit www.idf.org. You may also want to get a list of English-speaking foreign doctors in case of an emergency. Contact the American Consulate, American Express, or local medical schools for a list of doctors.
- Insulin in foreign countries comes in different strengths. If you purchase insulin in a foreign country, be sure to use the right syringe for the strength. An incorrect syringe may cause you to take too much or too little insulin.

Some things to keep in mind on a road trip.

- Don't leave your medications in the truck, glove compartment or near a window - they might overheat.
- Bring extra food with you in the car in case you can't find a restaurant.

General traveling tips.

- Stay comfortable and reduce your risk for blood clots by moving around every hour or two.
- Always tell at least one person traveling with you about your diabetes.
- Protect your feet. Never go barefoot in the shower, pool or natural body of water.
- Check your blood glucose often. Changes in diet, activity, and time zones can affect your blood glucose in unexpected ways.



You may not be able to leave your diabetes behind but you can control it and have a relaxing, safe trip. To learn more about controlling your diabetes, visit the National Diabetes Education Program at <http://ndep.nih.gov>.

You don't need to be a **SUPERHERO to manage your diabetes.**

You need to control your **ABCs.**

If you have diabetes, you are at high risk for heart attack and stroke. But you can fight back. You can control the ABCs of diabetes and live a long and healthy life. Ask your health care provider what your **A1C**, **Blood pressure**, and **Cholesterol** numbers are and ask what they should be. Then talk about the steps you can take to reach your ABC goals. You have the power to help prevent heart attack and stroke. Control your ABCs.

Talk to your health care provider today.



For a free brochure about the ABCs of diabetes, call 1-800-438-5383 or visit www.ndep.nih.gov.



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My diabetes ABC numbers:
A1C = ?
Blood Pressure = ?
Cholesterol = ?

My Social Security number

My PIN number

Know your diabetes ABCs just like you know your other numbers.

If you have diabetes, you are at high risk for heart attack and stroke. But you can fight back. You can control the ABCs of diabetes and live a long and healthy life. Ask your health care provider what your **A1C**, **Blood pressure**, and **Cholesterol** numbers are and ask what they should be. Then talk about the steps you can take to reach your ABC goals. You have the power to help prevent heart attack and stroke. Control your ABCs.

Talk to your health care provider today.



For a free brochure about the ABCs of diabetes, call 1-800-438-5383 or visit www.ndep.nih.gov.

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Small Step #31: Go for a half-hour walk instead of watching TV.

Keep an Eye on Portion Size

(information from U.S. Department of Health and Human Services' National Heart, Lung and Blood Institute's website <http://hin.nhlbi.nih.gov/portion>)

Do you know the difference between **portions** and **servings**?

A **portion** is the amount of a specific food you choose to eat for dinner, snack or other eating occasion or the amount you are served when you go out to eat. *Portions* can be bigger or smaller than the recommended food *servings*.

A **serving** is a unit of measure used to describe the amount of food recommended from each food group. It is the amount of food listed on the Nutrition Facts panel on packaged food or the amount of food recommended in the food guide pyramids and *Dietary Guidelines for America*.

For example, a recommended *serving* of whole grains would be 1 slice of bread or 1/2 cup of rice or pasta. People often confuse the recommendations for servings to mean portions with no regard to size. A portion of pasta could be a large bowl instead of the 1/2 cup recommended serving size.

It is extremely important to keep an eye on portion size to see how your portions compare with the recommended servings. There are many helpful charts available that show comparisons of food and every day items to give you an idea of what standard servings look like. The example shown to the right can be found at: <http://hin.nhlbi.nih.gov/portion>.



Medicare's New Coverage for Prescription Drugs

Starting January 1, 2006, Medicare will offer prescription drug coverage for all people with Medicare Part A and/or Part B. Like other insurance, if you join, you will pay a monthly premium, plus a share of the cost of your prescriptions.

Everyone with Medicare must decide if Medicare's prescription drug coverage is right for them. New coverage for prescription drugs will affect:

- People with limited income and resources.
- People with Medicare and **Medicaid**, and Medicaid now pays for their prescription drugs.
- People who are **Nursing Home residents** or **live in certain types of Long-term Care Facilities**.
- People who have **applied for extra help**.

Detailed information will be available in October 2005. You can look at the "Medicare and You 2006" handbook, visit www.medicare.gov on the web, or call 1-800-Medicare (1-800-633-4227). TTY users should call 1-877-486-2048.

For Nebraska residents, the Nebraska Senior Health Insurance Information Program (SHIIP) educates Medicare beneficiaries, assisting seniors and those with disabilities in making informed decisions on topics related to health insurance. Trained counselors are available to provide support during the decision-making process. Contact SHIIP at 1-800-234-7119 or TTY: 1-800-833-7352.

Diabetes Support Groups

The American Diabetes Association-Nebraska would like to post information on their website about support groups in Nebraska. The Nebraska Diabetes Prevention and Control Program would also like to know about these groups so we can provide information to them from time to time.

If you are a member of a support group and would like to provide us with contact information so people in your area will know about your support group, you can do so by contacting us as follows:

Diabetes Prevention and Control Program
Nebraska Health and Human Services System
301 Centennial Mall South
Lincoln, NE 68509
1 800 745-9311 (*ask for the Diabetes Section*)
FAX: 402 471-6446
Email: joyce.pope@hhss.ne.gov

Medicare Modernization Act

The National Diabetes Education Program (NDEP) website now includes links to help you learn more about the diabetes benefits available under the Medicare Modernization Act. The site includes information on Diabetes Screening, Supplies, and Self-Management Training; as well as information about other Web Resources with Diabetes Information. Visit this site at:

www.medicare.gov/Health/Diabetes.asp

Diabetes PHD (Personal Health Decisions)

The American Diabetes Association (ADA) has developed a powerful new risk assessment tool that can be used to explore the effects of a wide variety of health care interventions, including losing weight, stopping smoking and taking certain medications.

This tool can be accessed online at www.diabetes.org/diabetesphd. You will be asked to create a personal health record by entering as much information as you can about your health history: height, weight, cholesterol levels, blood pressure readings, last dilated eye exam, current medications, A1c number, etc. so you will want to have that information ready before you begin.

After you have entered all the information, the Diabetes PHD will determine a personalized Results Overview for you, showing your current risk for diabetes, heart attack, stroke, kidney failure, foot and eye complications.

It will show you how making changes in certain variables in your profile, like stopping smoking, losing weight, taking ACE inhibitors, getting a regular foot exam, etc., would affect your future health.

We think you will find this interactive assessment tool (developed by ADA's *Doing Better* initiative) very interesting and helpful.

DIABETESPHD
PERSONAL HEALTH DECISIONS

*Small Step #21:
Eat from smaller plates.*

Diabetes Recipes

The following recipes are excerpts from the American Diabetes Association's *Mr. Food's Quick and Easy Diabetic Cooking*, which has many excellent recipes for diabetic cooking. This book and other informational diabetes materials can be ordered at a cost from the American Diabetes Association at 1-800-ADA-ORDER (232-6733) or through their website at <http://store.diabetes.org>.

Zippy Cucumber Crunch

Serving Size: 1/2 cup, Total Servings: 8

2 large cucumbers, peeled and sliced
1 teaspoon salt
3 cups ice water
4 scallions, thinly sliced
1/2 small green bell pepper, chopped
1/4 cup reduced-fat sour cream
1 tablespoon white vinegar
1 tablespoon sugar
1/8 teaspoon black pepper

In a large bowl, combine the cucumbers, salt and ice water. Cover and chill for 1 hour, then drain and return the cucumbers to the bowl.

Add the remaining ingredients and mix until well combined. Cover and chill for at least 2 hours before serving.



Calories.....	30
Calories from Fat.....	7
Total Fat.....	1 g
Saturated Fat.....	0 g
Cholesterol.....	2 mg
Sodium.....	104 mg
Carbohydrate.....	5 g
Dietary Fiber.....	1 g
Sugars.....	4 g
Protein.....	1 g

Exchanges: 1 Vegetable

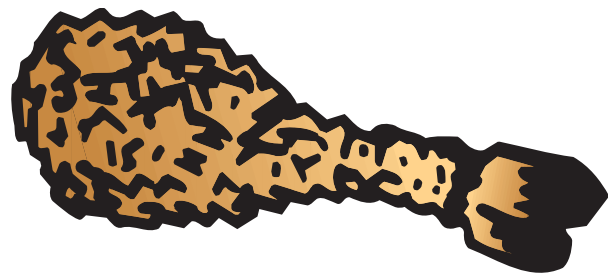
Buffalo Chicken Strips

Serving Size: 3 strips, Total Servings: 4

1 tablespoon butter
1 1/2 pounds boneless skinless chicken breast cut
into 12 strips
1/4 cup hot cayenne pepper sauce

In a large skillet, melt the butter over medium-high heat.

Add the chicken and hot pepper sauce and cook for 6 to 8 minutes, or until the chicken is no longer pink and the sauce thickens and coats the chicken. Serve immediately.



Calories.....	230
Calories from Fat.....	64
Total Fat.....	7 g
Saturated Fat.....	3 g
Cholesterol.....	110 mg
Sodium.....	209 mg
Carbohydrate.....	0 g
Dietary Fiber.....	0 g
Sugars.....	0 g
Protein.....	38 g

Exchanges: 5 Very Lean Meat, 1 Fat

Become A YOU CAN! Partner

The National Diabetes Education Program (NDEP) and the U.S. Administration on Aging (AoA) invite you to come a *You Can!* Partner and join in celebrating ways for older adults to be active and healthy this September. *You Can!* - *Steps to Healthier Aging* is part of the U.S. Department of Health and Human Services' Steps to a HealthierUS initiative, which encourages Americans of every age to make healthier choices. The *You Can!* Campaign is designed to increase the number of older adults who are active and healthy by using a partnership approach to mobilize communities to create public awareness and make programs available to help older Americans improve their nutrition and increase their physical activity.

You Can! Partners will recruit older Americans who are ready to make lifestyle changes to improve their health and participate in local nutrition and physical activity programs.

During any seven-day period of September, create *You Can!* Celebration activities where participants can make a pledge to engage in healthier lifestyle activities involving physical activity and nutrition education that will help enhance their health and well-being. If older adults see how easy and enjoyable it can be, hopefully they will continue these behaviors and help others to improve their health too.

Holding a *You Can!* Celebration can help you spread the word about the importance of healthier lifestyles...and it can be fun!

Help older Americans lead more vital lives by educating them to eat more nutritiously and do a little exercise!

For more information about the *You Can!* Campaign and how to become a *You Can!* Partner, visit www.aoa.gov/youcan, or contact the Administration on Aging, Washington, DC 20201, telephone (202) 619-0724 or email: aoainfo@aoa.gov.



Want To Sign A Friend Up to Receive a Copy of the Diabetes Newsbeat?

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

Patient/Public _____ Professional _____

Mail to:

Department of Health and Human Services
Diabetes Prevention and Control Program
301 Centennial Mall South
P.O. Box 95044
Lincoln, NE 68509-5044
Attn: Newsletter Mailing List



Nebraska Health and Human Services System
Chronic Disease Prevention and Health Promotion
Diabetes Prevention and Control Program
301 Centennial Mall South
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The annual walks to benefit the American Diabetes Association and the 18.2 million American adults and children who have type 1 and type 2 diabetes are being held across the country in September and November.

The Nebraska walks are being held as follows:

September 24 in Omaha - at Lake Zorinsky - distance 1-4 miles

October 9 in Norfolk - at Skyview Lake

You can create a team, join a team, walk as an individual or sponsor a walker.

Learn more about American's Walk for Diabetes by calling 1-888-Diabetes (1-888-342-2383) or online at www.diabetes.org.

We hope you will become a walker and touch the lives of family, friends, co-workers and anyone who lives with diabetes. With every step you take, you and every sponsor you sign will be helping keep up the pace to beat this devastating disease!

